

Mina Mskiki Gumik 2016 Annual Report



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Chi Miigwech Sharon!



2016 was the last year that Sharon Sierzputowski served as LTBB Health Director. She retired after 16 years of service to her Tribe.

Sharon started her career at LTBB as a Physician's Assistant (PA) in the Health Department in 2001. The Health Department had under 10 employees at the time and was housed in what is commonly known in the Tribe as "the white house". One part time provider and one PA provided medical services.

Within a year, Sharon became the LTBB Health Director, and within two years, the department moved into the Watson Building on M-119. At that time, the Health Department grew to have one full time provider and a full time PA. Sharon recruited Dr. Terry Samuels to join the provider team at LTBB, convincing him to come home and provide medical services to his fellow Tribal Citizens. The staff of the Health Department doubled to over 20 employees.

The Health Department continued to grow and quickly outgrew the space available. In 2005, LTBB purchased the Bear River Health Park and it was converted into the LTBB Health Department. In that same year, the part time dental clinic became operational.

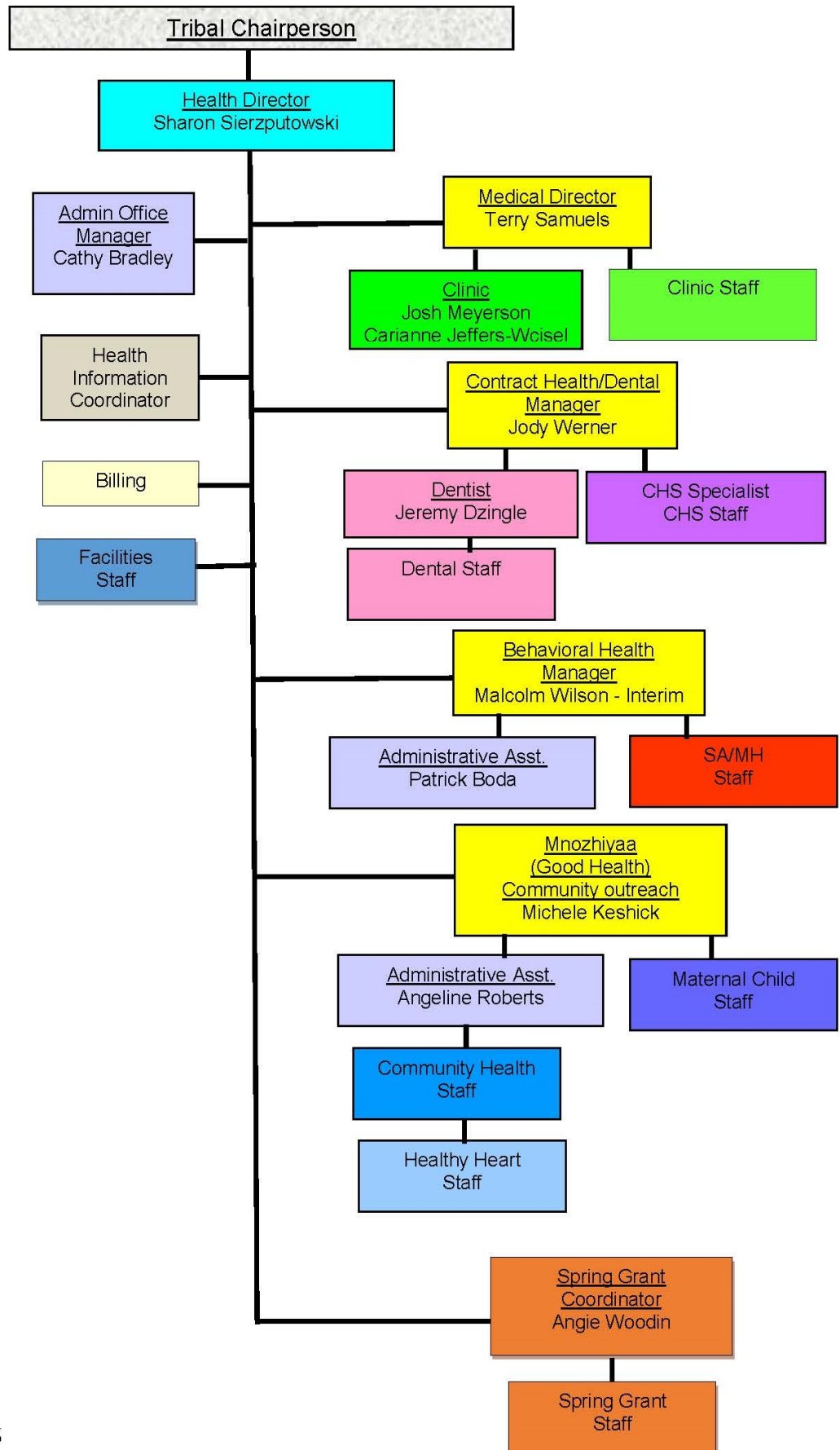
In 2009, the Behavioral Health program became an integrated program in the LTBB Health Department.

Programs and services continued to grow and in 2016, the Health Department had approximately 50 employees.

After 16 years of service, Sharon retired on December 31, 2016. She helped recruit and hire her replacement. Jody Werner started as LTBB Health Director in January, 2017.

When asked what she enjoyed about being the Health Director, Sharon said, "I had a great time as Health Director. I was always excited about helping and providing more services for the health of our people. We always got the most for our money that we could; we looked at available funds and provided the best services for our patients. I was happy to be able to provide services beyond basic primary and emergency care. People need our services to enjoy quality of life. I was also happy to recruit our Tribal Citizen as our Tribal Physician, which doesn't exist at any other Tribe in Michigan.

What is Sharon looking forward to in retirement? "I will enjoy not having the stress of worrying about the health disparities of Native Americans. It's an ongoing issue. I look forward to spending time with my husband, Tristan and doing some traveling together. I will also be doing more gardening, visiting family, and working on endless house projects!"



05/2016

Mina Mskiki Gumik

The Little Traverse Bay Bands of Odawa Indians (LTBB) Health Department is majorly funded under a 638 contract with the US Indian Health Service. This contract (Annual Funding Agreement) outlines the core services that we provide, such as Health Administration, Health Clinic, Purchased/Referred Care, Community Health, Dental and Behavioral Health. In addition special programs are provided through grants obtained from various funding entities, which allow us to expand and augment the services provided by the LTBB Health Department.

Responsibilities of Health Administration include:

- Overall planning, development, implementation and management of the services provided by the LTBB Health Department.
- Develop and expand services for direct medical care, preventative medicine, community health, included in Indian Health Services (I.H.S.) 638 Contract and all other health grants and contracts.
- To plan and organize activities related to clinical services to ensure patient needs are met in accordance with medical standards and health care administrative standards.
- To develop partnerships and coordinate activities with other health service agencies to increase services and extend program dollars.
- To develop programs and access resources to incorporate wellness education and disease prevention activities for LTBB Tribal Members.

The 2016 Health Administration team is made up of the Health Director Sharon Sierzputowski RN, BSN, PA-C, Medical Director Dr. Terry Samuels MD. Departmental Managers: Purchased/Referred Care and Dental Manager Jody Werner and Community Health, Michele Keshick, Behavioral Health Manager, Malcolm Wilson Jr. and Health Information Coordinator, Andria Bronson-John.

2016 Health Department Budget	
I.H.S. Funding	\$5,381,626.00
3rd Party Budgeted	\$148,369.56
ATR Budgeted	\$284,881.65
Total	\$5,814,877.21
Total Expenditures	\$5,400,256.32
Revenue	
3rd Party	\$756,361.52
Dental	\$127,627.83
ATR	\$140,251.56
Total Revenue	\$1,024,240.91



Health Clinic

The Mina Mskiki Gumik (Health Clinic) is a full service primary care clinic. Health services are provided five days per week. Office hours are 8 a.m. to 5 p.m. with patient care hours from 9 a.m. to 5 p.m. Dr. Terry Samuels, MD, Medical Director, is a family medicine physician who sees patients Wednesday through Friday. As an LTBB tribal member, Dr. Samuels has been with the clinic since 2002. Dr. Joshua Meyerson, MD, MPH, is a pediatrician who sees patients one day per week at the clinic. Dr. Meyerson is also the Medical Director for the Health Department of Northwest Michigan. Dr. Meyerson has been with the clinic since 1998. CariAnne Jeffers-Wcisel, MS, PA-C, is a physician assistant has been with the clinic since 2002. Sharon Sierzputowski, BSN, PA-C, Health Director, is a physician assistant and a LTBB tribal member who also sees patients in the clinic as a primary practitioner on patient request basis. Mina Mskiki Gumik Health Clinic also employs one Registered Nurse, two Medical Assistants, and four front office staff.

The health clinic saw **1370** patients in 2016 with over **4279** visits.

Our Health Promotion and Disease Prevention efforts continue through education and screening. We are improving documentation of health indicators such as smoking status, alcohol screening, domestic violence and obesity among others. Improved reporting is a necessary component of treatment and prevention. We promote healthy behaviors that include exercise, nutrition and safe sex.



*To know even one life has breathed easier because you have lived,
this is to have succeeded—Ralph Waldo Emerson*

Purchased and Referred Care (PRC)

Formally Contract Health Services (CHS)

LTBB Purchased and Referred Care is a federally funded (IHS) program that helps eligible Tribal Citizens pay for health care services that are referred from our LTBB Clinic. When a patient receives these services, PRC pays insurance co-pays and deductibles, or the agreed upon reimbursement rates for our uninsured patients.

There was one CHEF case (cases that exceed \$25,000 in PRC costs) in 2016, where PRC was reimbursed for all medical expenses incurred over the \$25,000 threshold.

Purchased Referred Care (PRC)	
Reference Numbers Issued	11,402
Number of bills paid	6,011
Amount paid to Providers	\$1,148,344
Prescription Costs:	
340-B Drug Program Amerisource Bergen	\$201,436
Prescription Services	\$146,661
Rite Aid	\$188,715
TOTAL Prescription Costs:	\$536,812
Active CHEF (catastrophic) Cases	1—Reimbursement \$123,000

PRC is under the management of the PRC/Dental Manager. Staff positions in PRC include: PRC Front Desk Assistant, two PRC Assistants, a Patient Benefits Coordinator, and a Central Registration Clerk.

The Patient Benefits Specialist position has continued to be very productive in 2016, and the services provided have been shown much appreciation by Citizens. Valorie Glazier has assisted over 274 with insurance issues, such as helping people enroll, or maintain enrollment in Michigan Medicaid. Additionally, she helps elders enroll in Medicare and social security programs that help pay for Medicare B and D premiums for eligible people. The Patient Benefits Specialist maintained her certification as a MMAPS counselor, which is a Medicaid/Medicare certification. She is also trained as Tribal Veterans Representative and assisted in the Direct Care Reimbursement Agreement between the VA and LTBB, which allows LTBB to be reimbursed by the VA for services provided to eligible veterans at the LTBB Clinic. Valorie continues to grow her knowledge in these programs, which is useful for our Tribal Citizens. She has helped many Tribal Citizens file exemption forms so that they do not pay the tax penalty for not having health insurance. Native Americans are exempt from this penalty tax and the Patient Benefits Specialist helps our people to exercise the right to this exemption.

PRC—Continued—

The first year of the 340B discount drug program initiative was a great success. LTBB has used 340B discounted drugs for our uninsured patients for several years. Agreements were put in place to expand the use of 340B drugs for insured patients as well, and after the cost of drugs, dispensing fees, and third party administration fees, the revenue from the third party insurers will be returned to LTBB. In 2016, the 340B program generated \$479,201 in revenue.



Plans for a pharmacy have begun, with an expected opening date in the 3rd quarter 2017.

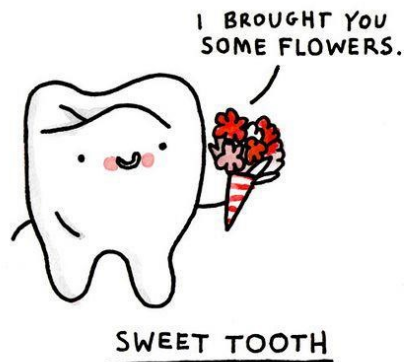
Dental Clinic

The Dental program offers the full range of Dental services including dental hygiene (cleaning) and restorative services such as filling, simple root canals, crowns, bridges, and dentures. The Dental Clinic is staffed with a full time Dentist, Dental Assistant, Dental Hygienist, and Dental Front Desk Assistant. The Dental Clinic schedules appointments five days per week.

Dental End of Year 2016	
Number of Appointments	1776
No Show Appointments	346
New Patients Registered	125

Patients not showing up to their dental hygiene appointments continues to be an issue, though there was slight decrease from 2015. The hygiene scheduling process was adjusted, yet patients continue to miss their cleaning appointments. The dental staff continues to address this situation with patient education and encouragement. Appointment cards and doing reminder calls to patients are still part of the process.

Dr. Dzingle will be leaving the LTBB Dental Clinic in May 2017 and recruitment has begun for a new dentist.



GEMMA CORRELL

Community Outreach

Mnozhiyaa

(live in good health)

We are dedicated to the health and wellness of our community. The restoration of harmony that we once enjoyed as a people is paramount to this process. We work towards this by incorporating tradition and culture into our programming. Our programming focuses on education, stress reduction, lifestyle changes- improving food choices and increasing time spent with family being physically active are roads that lead to mnobimaadizwin-good way of life.

We provide community members with the following:

- limited home health services such as medication set up and monitoring, wellness checks, nursing assessments as ordered.
- accompany patients to doctor's appointments assuring continuity of care
- assistance with navigating the health care system
- medical transportation
- health education
- registered dietician
- Gchinendam Zidan (foot clinic)
- traditional healing
- Native Way Wellness Center 1 & 2

Mnozhiyaa is also responsible for the following grants/programs that allow us to expand health services to our patients.

- **SDPI Mno Ode (healthy heart) \$465,330**
- **SDPI Diabetes Control and Prevention Grant \$124,160**
- **Tribal Home visiting \$76,000**
- **Healthy Start \$75,000**
- **Reach Journey to Wellness \$75,000**
- **Colon Cancer \$24,233.33**
- **BCBS \$3500**

Wisdom comes—

When you start living the life the creator intended for you.

Community Outreach - Continued

Home Health Nurse- Michelle Deland RN provides the following services: home visits, wellness checks, medication monitoring and set up, lab draws, catheter changes, wound assessments and dressings, and health assessments. In addition, this person will also help her patients navigate the health care systems, as well as accompany her patients to medical appointments as needed.

Community Health Representatives(CHR)- Carol Kiogima, Cathy Gibson and Howard Martel. Mary Gasco is enjoying her retirement! CHR's continue to do home visits, as well as, work in foot clinic 2 days a week. They accompany patients to their doctor appointments and help them navigate the health care systems. All three CHR's provide medical transportation as well. They also assist with all the community health events throughout the year.

Community Health Administrative Assistant-Angeline Roberts. Angie is the go to person for scheduling appointments and medical transportation. She can be reached at 231.242.1601

Registered Dietician-Charla Gordon is contracted to provide nutritional assessments, nutritional counseling, and medical nutrition for individuals and groups. She teaches the nutritional component of our Laugh, Learn and Live Well classes and the Honoring the Gift of Heart Health classes.

Traditional Healer services- Jake and Mary Pine are contracted to provide traditional teachings, medicines, healing and ceremonies three days a month. Appointments can be made by calling Angeline Roberts at 231.242.1601.



Community Outreach - Continued

Home Grown Project

Home Grown Project is a multigenerational project that is sponsored by community health, diabetes, and healthy heart and health admin. It is a part of our vision to have food sovereignty. This program has been very successful. We continue to encourage families to harvest and preserve foods, as well as, planting gardens at their homes. We contracted with Berg Farms and we were able to harvest throughout the summer and into early fall. We have had food preservation classes which have been a success.



Native Way One and Two

Native Way One and Two are currently supported by third party funds. It is still our long-term goal to relocate the gym to a site that is not so isolated. Tribal member volunteers lead most of the classes. This helps us build sustainability of the programs currently offered. Regina Brubacker-Carver is the Yoga instructor. Yoga is held at Native Way there are 4-8 regular attendees. Tae kwon do continues to be successful. Youth boxing has resumed and is currently recruiting. We can look forward to Tai chi classes in the very near future. There are 128 card holders to Native Way.



Community Outreach - Continued

Gchinendam Zidan Gamig

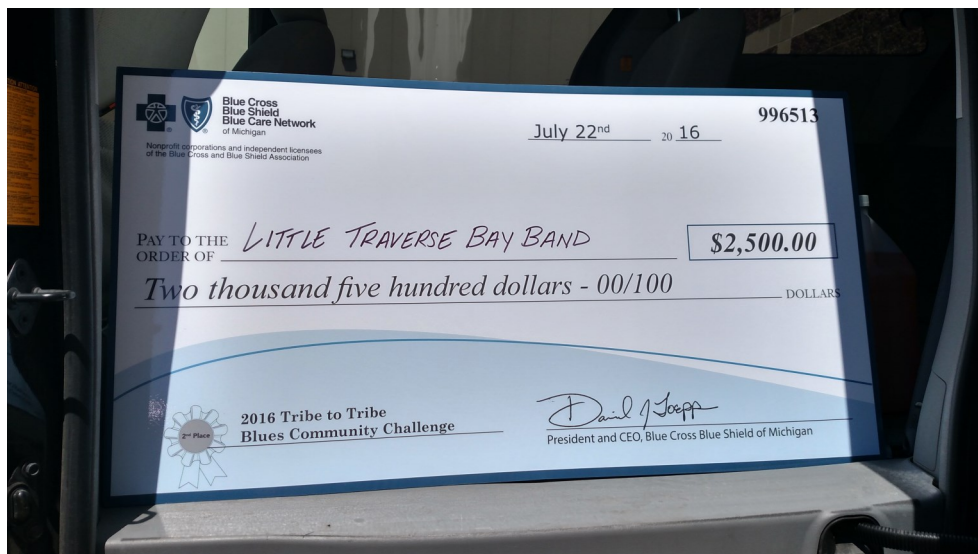
Foot and nail care is offered on Tuesday and Wednesday. Additional days/times are available if these times are not convenient. This service is available to anyone over 18.

Laugh, Learn and Live Classes

They are hosted once a month and are sponsored by SDPI prevention and control and healthy heart. These classes have been very well attended, averaging about 15 people. The feedback has been positive. We are also incorporating the educational and activity that participants have suggested. These classes focus on stress reduction and building a sense of community. We also demonstrate healthy food choices and provide a nutritional educational component each class. The nutritional component is led by our registered dietician Carla Gordon. This class has decreased feelings of depression and social isolation in several of our patients.

Aquatic Exercise

This continues to be a successful program-co-hosted by Mno Ode and the special diabetes program with instruction by Sheran Patton.



Community Outreach Grants

Special Diabetes Program for Indians

Diabetes Prevention and Control

Regina Brubacker-Carver, Health Educator. Regina Brubacker-Carver- Since 2005 the role of Health Educator has focused on 5 main areas: education and risk reduction in the areas of obesity, diabetes and tobacco abuse, increasing knowledge of and access to the benefits of physical activity, and healthy children. Regina is responsible for staff trainings in HIPAA (Health Information Portability and Accountability Act), Standard Precautions, and CPR trainings. Individual appointments are available for general health education, health assessments, as well as, the development of personal wellness plans. Regina leads yoga class twice a week and has become a Tai Ji instructor. This latest endeavor is a collaborative effort between Mnozhiyaa and the Elder's department. She also is a member of the MSUE federally Recognized tribes Education Program (FRTEP)'s Advisory Board, as well as, being actively involved in horticulture and Small Scale Agriculture work group. This involvement is paving the way for us to obtain food sovereignty while increasing the availability of healthy, locally grown foods for our community. We had our first harvest at Ziibimijiwang in our Three Sisters garden! We are looking forward to 2017 season. Several canning classes were held at the community center.

Homegrown project will include planting the Three Sister's Garden at Ziibimijiwang (tribal farm) in 2017, as well as, controlled harvests at Bergs Farm and food preservation workshops throughout the growing season.



Special Diabetes Program for Indians

Mno Ode (Healthy Heart)

We received a no-cost extension for the SDPI Healthy Heart which allows us to continue operating until September 30, 2017. We are working to transition healthy heart clients into Mnzhiyaadaa (let's live in good health). We will be able to continue our programming but it will be less intensive. We will not have the funds to provide incentives, exercise equipment or gym memberships the Mno Ode afforded us but we will continue to look for funding opportunities so that we can. We have improved outcomes for our client's by decreasing the burden of participation, giving them the tools that they need to make positive lifestyle changes and alleviating stress- one of our priorities. We will continue to work to reduce the cardiovascular risk factors for all of our people regardless of age, diagnosis. We will continue to focus programming that encourages clients and families to increase the time spent being physically active and making healthier food choices. Our mantra is 'move more eat better'.

This program is also a Home Grown partner. We offer food preservation workshops in conjunction with SDPI-prevention and control, as well as community health. In addition, Marlene and Regina trained as Tai Ji instructors as part of our collaboration with the Elder's department on a fall prevention project. We are mirroring this grant so that 55 and younger can participate as well.



Community Outreach Grants - Continued

Tribal Home Visiting Grant

This project is funded by the Federal Agency for Children and Families and LTBB is a sub-grantee partnering with the Inter-tribal Council of Michigan. This grant is an extension of the Healthy Start grant. Ashley Dominic and Carol Sodemon-Morris RN MSN Maternal Child Health Nurse work closely together to implement the Family Spirit Curriculum. Project Director is Michele Keshick, RN BS. Tribal Home Visiting and Healthy Start are available to any American Indian child ages 0-5. There are no income guidelines. Both programs provide parenting education through evidence based curriculum called Family Spirit primarily on an individual basis either in the home or office setting. Breast feeding is promoted. Incentives such as infant and toddler clothing, diapers, transportation and other materials for moms, dad, and babies are available for participation in home visits, assessments and events.



*Happy healthy parents make
happy healthy children. -
Dr. Miriam Stoppard*

Maternal Child Health/Healthy Start

There are approximately 136 (both MCH and THV) participants. The primary goal of this program is to reduce infant mortality. They provide education, parenting classes, breast feeding support, transportation to appointments, as well as, accompany them for emotional support as needed. In addition, a portion of the grant is used to assist families with items such as diapers, clothing and breast feeding supplies. New parents may be eligible for a crib as part of our safe sleep initiative.



They also serve as a resource for assistance available within the community. Carol and Ashley have obtained their certification from the National Child Passenger Safety Certification Training Program so we are able to install/distribute car seats to keep our children safe. Healthy Start and Tribal Home Visiting grants work together to implement the Family spirit curriculum.

*Sometimes the smallest things take up the most
room in your heart.*

Reach Journey to Wellness Grant



This grant is funneled through Tribal Council of Michigan to us and is funded by the Centers for Disease Control and Prevention and the Department of Health and Human Services. It is slated to end in September, 2017, however, we recently heard that it will be extended for one year but there will be budget cuts.

Journey to wellness is an initiative to improve the health and quality of life of Native Americans in Michigan. There are four Project Period Objectives (PPO)- 1) increasing the number of people with improved access to smoke-free and/or tobacco-free environments, 2) increase the number of people with improved access to environments with healthy food and beverage options, 3) increase the number of people with improved access to physical activity opportunities and 4) increase the number of people with improved opportunities for chronic disease prevention, risk reduction or management through clinical and community linkages. This is the third season for Odawegamigohns (tribal farmers market) and will begin in June 2017. We are currently looking for a volunteer to manage the market. If interested please contact Billi at 231.242.1648

Value our tradition, keep tobacco sacred.

Colon Cancer Project

The primary focus of this grant is to increase colon cancer screenings for our patients.



Behavioral Health

MISSION STATEMENT

"We hereby commit to provide the most highly qualified health personnel and services to ensure a holistic approach respecting and intertwining both modern and traditional healing."

The Behavioral Health/Substance Abuse Department saw **233** patients in 2016 totaling over **2321** visits. We continue to improve the program offerings such as integrating Anishinaabe culture and values into the evidence based provided services. In 2016 staff attended several trainings such as Motivational Interview, Rational Emotive Behavior Therapy and Wellbriety training from White Bison. The Behavioral Health group curriculum began a redesign to integrate Wellbriety materials into the evidenced based topics covered. This will be piloted and implemented in 2017. As a CARF accredited organization Behavioral Health staff follow a set of standards that provide for continuous improvement, professional development and premier services.

This program offers the following services Monday – Friday from 8 a.m. to 5 p.m.:

Screenings & assessments for mental health and substance abuse/addiction

Outpatient counseling to include:

Addictions Recovery Counseling —Individual and Groups

Mental Health Counseling

Individual & Family Counseling

Prevention & Education Services

Children and Adolescent Counseling for preschool age and up

Couples Counseling

Aftercare & Follow-up Counseling

Access to Recovery (ATR)



Mental health ...is not a destination but a process. It's about how you drive, not where you're going.

Behavioral Health Grants

Methamphetamine and Suicide Prevention Initiative (MSPI)



Suicide is a significant public health problem in the United States with the rates of suicide on some tribal reservations and tribal villages significantly higher than the general population. Suicide is the second leading cause of death among American Indian/Alaska Natives (AI/AN) ages 10 to 24 according to several recent studies. Furthermore, studies have shown that among young adults ages 15 to 24, AI/AN have higher rates of suicide than any other ethnicity.

To assist in combating the rampant matter of suicide within tribal communities, Indian Health Services (IHS) started the Methamphetamine and Suicide Prevention Initiative (MSPI). This is a nationally coordinated program focusing on providing much needed methamphetamine and suicide prevention and intervention resources for Indian Country. This initiative promotes the use and development of evidence-based and practice-based models that represent culturally appropriate prevention and treatment approaches to methamphetamine abuse and suicide prevention from a community-driven context.

The Little Traverse Bay Bands of Odawa Indians (LTBB) was a recent awardee of the Methamphetamine and Suicide Prevention Initiative Grant (MSPI) with funds allocated to focus exclusively on suicide prevention, intervention and postvention among LTBB youth. The goal of the project is to decrease the number of suicide, suicide contagion and suicide attempts or ideation in the LTBB community through evidence-based, culturally relevant practices including providing community education and awareness.



Behavioral Health Grants - Continued

Methamphetamine and Suicide Prevention Initiative (MSPI)

The newly hired MSPI Grant Coordinator will be focusing on the following areas for the remainder of the project. Please note this is not an exhaustive list and some items may change due to community needs and evolving societal best practice methods.

- ◆ Promote community education to recognize warning signs of suicide as well as methods of prevention and intervention in suicides and/or suicidal ideations;
- ◆ Integrate culturally appropriate treatment and trauma services for at risk youth and caregivers;
- ◆ Foster coalitions and networking to improve and expand care for at risk youth;
- ◆ Expand available behavioral health care treatment options and/or services for at risk;
- ◆ Organize, educate and train providers in the care of suicide screening and evidence-based suicide care.

Know the Warning Signs

Some warning signs may help to determine if a loved one is at risk for suicide, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change.

- Talking about wanting to die or wanting to kill themselves
- Looking for a way to kill themselves, like searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of drugs and alcohol
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing and isolating themselves
- Showing rage or talking about seeking revenge
- Extreme mood swings



If you have any questions regarding the Suicide Prevention Initiative please contact, Tiffany Willis, MSPI Grant Coordinator at the following email address twillis1@ltbbodawa-nsn.gov or via phone at (231) 242-1645.



If you know anyone that is currently struggling with suicide the **National Suicide Prevention Lifeline** provides **24/7**, **free** and **confidential** support for people in distress at **1-800-273-TALK (8255)**. If the preferred method of communication is text, *The Crisis Text Line* provides **24/7**, **free**, and **confidential** support by simply texting the word "**HOME**" to **741741**.

CTAS PA 3—Substance Abuse Prevention

In 2016, the Behavioral Health department launched a new adolescent program aimed at reaching at-risk teens, as well as their chosen parents/mentors. The group meets for 44 weeks with focus being placed on the teachings of the Seven Grandfathers while building the 40 developmental assets as identified by the Search Institute. When the group began in January, it consisted of 1 participant. Now, the adolescent group has grown to 19 participants. With the help of the full-time Traditional Advisor, the 40 assets were categorized according to each of the Seven Grandfather teachings.

Some of the participants have benefited from the program by remaining substance free and completing their obligations with the local court systems. Other participants have benefited by lowering and, in some cases, eliminating their depression and suicidal ideations.

Working alongside the Traditional Advisor, the clinician has been able to use cultural teachings, traditional ceremonies, and cultural education to instill the 40 assets into the adolescents that participate in group.

For example, one of the 40 assets from the Search Institute is *Service to others*. The group's adolescents went to the LTBB gardens and helped the Spring Grant fill a truck full of pumpkins for the Fall Encampment.



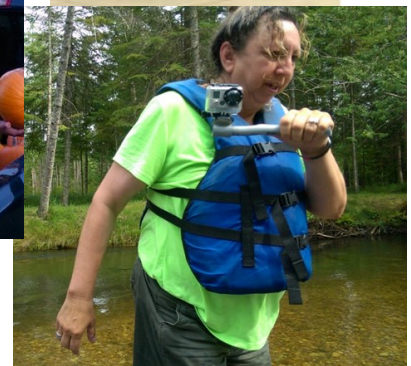
Behavioral Health Grants - Continued

Substance Abuse Prevention

Community Values Youth is another example of an asset. The adolescents in the program had the opportunity to go to Tony Miron's house, sit around the fire, and listen to stories. Also, Fred Harrington went on a team building activity and shared the story of Ngiik (the otter). As with other community members, Tony and Fred feel that sharing their legacy and stories with the adolescents will keep them alive through time. In this way, the community is placing value on the importance of youth and their lives.

As a result of integrating more cultural traditions, teachings, and cultural education into the curriculum, the adolescents are engaged each week and learning more about their ancestral heritage. This has helped in other areas of healing. Not only do the adolescents connect on their culture, but also have other peers that can relate to the various circumstances that each adolescent is facing daily. The adolescents don't feel alone in their challenges in life.

In the future, another 44 week program will begin and the youth that have completed the program intend to stay on and play a role in being positive peer leaders. Some of the future events that are being planned for this grant are medicine identification and harvesting, Michigan Indian Family Olympics, team building activities, traditional ceremonies, overnight survival outings, more cultural activities in the community, and the maintaining of the medicine garden.



Justice and Substance Abuse

Grant closed December 31st 2016.

During 2016 CTAS PA 3 continued to represent BHP at weekly Healing to Wellness Court meetings and hearings (CTAS continued to serve the Healing to Wellness Court through alternative representation after Mr. Polasky's departure from the program). CTAS provided jail visits for possible referral for Healing to Wellness Court and advocate for BHP services upon exit from jail. CTAS PA 3 provided Masters Level Substance Abuse counseling services directly until J. Ginop resigned in March 2016. Afterward CTAS continued to provide Substance Abuse services indirectly through staff Masters Level Counselors.



“It takes courage to grow up and become who we really are”

c.c. cummings.

Spring Grant

The Little Traverse Bay Bands of Odawa Indians (LTBB) was awarded the Strategic Prevention Framework Tribal Incentive Grant (SPF TIG) at the end of July 2009. This project, known locally as SPRING (Significant Prevention Resulting in New Generations) is the first substance abuse prevention effort in which the tribe has participated.

SPRING is currently working under two grants this year. One is the Partnerships For Success Grant (SPRING is currently in its third year of the grant) and the other is the Prescription Drug Prevention grant (currently in its first year of this grant), commonly referred to as the Rx Grant.

The Partnerships For Success targeted population ages are 12 through 20 years old and the Rx Grant targeted ages are 12 years old and above.

There are currently four staff:

- ☐ Coordinator: Angie Woodin was hired on October 24, 2011.
- ☐ Community Organizer: Davis Timmer was hired on July 16, 2015
- ☐ Outreach Worker: Corey Bennington was hired on December 19, 2016
- ☐ Outreach Worker: Maureen Kilpatrick was hired on December 19, 2016

The Little Traverse Bay Bands of Odawa Indians' SPRING priority issue is to reduce underage drinking and to reduce the usage of marijuana (30 day use) among the youth in the community. According to the LTBB Underage Drinking Logic Model (the marijuana intervening variables have not been established yet and are not found within this current model) there are three intervening variables that were identified: social access; social norms-acceptance of underage drinking; and low perception of risk of underage drinking. There are nine contributing factors that were determined to attempt to explain the "whys." They include: youth obtain alcohol from family, youth obtain alcohol from home (with or without parental knowledge), youth obtain alcohol from friends, parental acceptance of underage drinking,



Behavioral Health Grants - Continued

Spring Grant

The Six strategies SPRING staff is currently working on include:

Parents Who Host Lose the Most: This is an environmental strategy that was voted in by SPRING's Advisory Council on June 28, 2011. "Parents Who Host Lose the Most" campaign brings forth a sense of community awareness about the legal consequences for those who provide alcohol to youth under the age of 21 years old.

The seven communities (Petoskey, Harbor Springs, Alanson, Pellston, Mackinaw City, Inland Lakes, and Wolverine) receive signs twice each year. The first implementation phase is during the homecoming times of surrounding schools. The second time signs are implemented is during the period of graduation and prom for the schools. There are homes and businesses that have committed towards the importance of keeping our youth safe.

Moose Track Media replaced FACE (Facing Alcohol Concerns Through Education). This is still an environmental strategy that was voted in by SPRING's Advisory Council on June 28, 2011. SPRING has grown into a social media and social marketing aspect. Our banners are displayed at football fields, basketball gymnasiums, and baseball fields with an array of different prevention messages. SPRING is also implementing the following: Face book, Bathroom media, Flat Screen media, stickers, brochure, buttons, posters, Hall of Fame, "Finding Naanaboozo."



Vertical ID Tribal Enrollment Cards/Fact Sheets: An environmental strategy that SPRING's Advisory Council voted in on March 20, 2012. This strategy was implemented in the summer of 2012. There have been approximately 79 tribal enrollment cards issued to minors this year, which would include 2014 to the present. That a faster rate. The vertical ID cards also help in the prevention of creating false ID cards, due to the ghost image approach that makes it harder for duplication.

Fact Sheets: The fact sheets consist of various facts and statistics that are gathered as well as our contributing factors. These are submitted monthly to the Odawa Trails for publication. The fact sheets are now being created for future distribution to families in an effort to educate towards the many aspects of underage drinking and reducing the use of marijuana.

Behavioral Health Grants - Continued

Spring Grant

Alcohol Edu for High School: Is a participant level and evidence based strategy that was voted in by SPRING's Advisory Council on March 20, 2012. Implementation for this program started in the fall of 2012. Alcohol EDU is a program targeted at high school students and their parents to help combat underage drinking. The program was created by Everfi and provides an experience that reduces support for underage drinking, improves knowledge of alcohol and its effects, motivates behavior change, and supports safer and healthier decisions regarding alcohol.

Paddle Into New Generations

The Little Traverse Bay Bands of Odawa Indians are considered to be water people. For generations, various Odawa people live around or near the Great Lakes of Michigan. The water is very precious and holds a strong connection to the Odawa Nation. Programs and activities generally are held close to water ways in celebration of a reminder of how important water is to their culture.

Paddle into New Generations: As a group, youth will make paddles over seven sessions. During each session, community members will join them to talk about our heritage, culture, values and the healthy life choices for themselves and our community. The project will culminate in a Jiimaan or canoe journey, during which they will use their new paddles. The focus is on reducing underage drinking among the youth by addressing the aspect of our intervening variables: social access, social norms-acceptance of underage drinking, and low perception of risk of underage drinking. This project emphasizes the idea that one must be substance abuse free and strong, meaning that one must work toward achieving not only physical strength, but also mentally, emotional, spiritual grounded. The community members will take part in the paddle-making process and Jiimaan, lending their support and expertise and offer a sense of empowerment to the youth.

Paddling into New Generation's curriculum:

There will be seven weeks for the individuals to work on completing the finished products of the paddles. Each week will be in honor of the teachings of the Seven Grandfathers: Humility, Respect, Truth, Honesty, Wisdom, Love, and Bravery and how each one fits into the philosophy of this project.



Behavioral Health Grants - Continued

Spring Grant

Nish Fish

This program started out being a summer youth program. The goal of Nish Fish: LTBB youth live successful healthy lives by making the choice to stay drug free. In order to know if we are moving toward our goal, we explored:

“For our target population, youth aged 12-16 in the Nish Fish program, what does success look like for us?”

Youth:

- Have a positive outlook and attitude on their community and their culture
- Increase self-acceptance and a pride in who they are
- Have a personal sense of positive future and feel they are the locus of control in their lives
- Develop new skills, hobbies, and interests
- Increase in self-awareness (maturity and smarter choices)

SPRING Prevention Team:

- Reach a consistent number of youth who regularly attend Nish Fish
- Discovers effective methods to teach culture

If you are interested in being a part of the Summer Nish Fish Program contact Angie Woodin, 231-242-1649

SPRING's Annual Survey: SPRING continues to update our Epidemiological profile for the Little Traverse Bay Bands of Odawa Indians. The SPRING Project implements an annual survey that is sent to all tribal citizens within the 27-county service area. The 2016 SPRING survey collected approximately 138 youth surveys to be put into a data base system, they will be analyzed, and we will have the results placed within a finished report. According to SPRING's epidemiologist, he is still compiling the final numbers for the youth survey.

Capacity building:

SPRING continues to build capacity with community partners and we are a part of an existing coalition entitled, Substance Abuse Free Environment of Northern Michigan, commonly known as SAFE. SPRING also works closely with other tribal departments to build capacity, promote cultural aspects of prevention and plan sustainability to continue after the grant ends. SPRING has two main events throughout the year for capacity building. The Year-End Celebration; the schools gather together at the LTBB Government Center for a full day of cultural teachings, typically there are at least 100 students and school representatives who participate for that day. The second event is a fall encampment; the encampment is full of cultural activities where we bring families together to interact with one another in a fun and positive way. Both events are in collaboration with other LTBB departments.

